



SUSRUTHOTHARA NITYA DANTA DHAVANA DRAVYAS AND THEIR EFFICACY AS A DINACHARYA PROCEDURE

*Dr. Priyanka Gudisa¹, Dr. Pranav Kumar Rai²

¹ Associate Professor Dept of Swasthavritta and Yoga, Sardar Patel Institute of Ayurvedic Medical Sciences and Research Centre, Uttar Pradesh, Lucknow.

² Assistant Professor Dept of Kaumarabritya, Goel Ayurvedic Medical College and Hospital, Uttar Pradesh, Lucknow.

ABSTRACT

As we know beauty is power and smile is its sword. The human race has one effective weapon: laughter; everyone looks much better when smiling. To maintain a beautiful smile and to maintain oral hygiene danta dhavana must be included in one's daily routine or dinacharya. Ayurveda explains danta dhavana, twigs to be used, and Nitya danta dhavana dravyas. As danta dhavanam is a routine procedure instead of using synthetic toothbrushes and chemical-based toothpastes it is better to use ayurvedic nitya danta dhavana dravyas as tooth cleaning media. This study mentions susruthothara nitya danta dhavana dravyas as a Nitya danta dhavana dinacharya procedure to maintain one's oral health.

KEYWORDS: Danta Dhavana, Toothbrush, Toothpaste, Danta Kasta, Nitya Danta Dhavana Dravyas.

INTRODUCTION

Ayurveda had mentioned various procedures for maintaining oral hygiene. Danta dhavana is one important procedure among them. Concepting preventive aspects of oral hygiene and dental hygiene are given more importance. According to Acharya Susruta, the dravyas mentioned for nitya danta dhavana are easily available and affordable. Susruthothara danta dhavana dravyas had their specific efficiencies to protect the oral cavity and prevent various diseases.

Danta Dhavana Nirukti

In the Cologne digital Sanskrit dictionary and Edgerton Buddhist hybrid dictionary, it's explained that. Dhaavana-[dhav-bhave-lyut dhatu] which implies cleansing, purifying, rubbing, washing off and rubbing with anything¹. Danta implies tooth. So the full meaning indicates that It's the procedure of cleansing teeth.

Data Pavana/ Toothbrush

Pavanam denotes [*dantaṁ punāti anena pū karaṇe lyut dhatu*] a dentifrice, or anything that is taken to clean teeth¹. Acharyas explained the lengths, width, rasas, karma, dravyas, indication and contraindications that must be used for danta pavana in various Samhitas. As per Sushruta Samhita and astanga hrudya dantapavana (teeth cleaning twig of the tree) size of the little finger is thick, straight, not having nodes, not wounded (cut, split, worm-eaten etc), does not have many knots, which is fresh.² length of dantapavana by different text is mentioned in Table 1. As per acharya charaka the twigs should be chewed to convert it into a toothbrush shape. Dantadhavana should be done two times a day after meals³. Dantadhavana procedure is explained in Ashtanga sangraha. acharya vagbhata told first lower teeth should be clean then the upper teeth. Without causing any harm to the gums⁴.

Table 1: Length of Dantapavana

| Name of Textbook Length (in angula) | Name of Textbook Length (in angula) |
|-------------------------------------|-------------------------------------|
| 1. Sushruta Samhita 12 | 1. Sushruta Samhita 12 |
| 2. Astanga hrudya 12 | 2. Astanga hrudya 12 |
| 3. Astanga sangraha 12 | 3. Astanga sangraha 12 |

Table 2: Comparison of rasa of Dantapavana

| Name of the text book | Madura | Amla | Lavana | katu | tikta | Kashaya |
|-----------------------|--------|------|--------|------|-------|---------|
| Susrutha Samhita | + | - | - | + | + | + |
| Ashtanga hrudaya | - | - | - | + | + | + |
| Astanga sangraha | - | - | - | + | + | + |
| Charaka Samhita | - | - | - | + | + | + |

Table 3: Different karmas of rasa about Dantadhavana

| Name of Rasa Karma | Name of Rasa Karma |
|--------------------|--|
| 1. katu | 1. katu Vaktra Shodhana, sweda -Kleda -Mala Upahanti, Kandu vinasayati, Rochana, AgniDeepana Vranan Avasadayati, Shleshmahara ⁵ |
| 2. tikta | Krimighna, Vishaghna, deepana, pachana, lekha, kledameda -upashoshayati ⁶ |
| 3. Kashaya | Sangrahi, peedana, Ropana, Shoshana, Stambhana |
| 4. Madhura | balakrut, sandhana ⁸ |

Table 4: Comparison of trees mentioned for Dantapavana by Acharyas

| Name of Textbook Tree Name | Name of Textbook Tree Name |
|---|---|
| 1. Sushruta Samhita Madhuka, karanja, nimba, Khadira | 1. Sushruta Samhita Madhuka, karanja, nimba, khadira |
| 2. Astanga hrudya Arka, nyagrodha, khadira, karanja, kukubha | 2. Astanga hrudya Arka, nyagrodha, khadira, karanja, kukubha |
| 3. Astanga sangraha Vata, asana, khadira, karanja, karaveera, sarja, irimeda, Apamarga, malati, kukubha | 3. Astanga sangraha Vata, asana, khadira, karanja, karaveera, sarja, irimeda, Apamarga, malati, kukubha |
| 4. Charaka Samhita Karanja, karaveera, arka, malati, kukubha | 4. Charaka Samhita Karanja, karaveera, arka, malati, kukubha |

SUSRUTHOTHARA DANTA DHAVANA DRAVYAS

Material And Methods

Mentioning the preventive and curative aspects acharya susruta mentioned the following drugs for nitya danta dhavana.

दन्तधावनार्थं चूर्ण-विशेष (Formulation for dental cleaning) -
आचार्य सुश्रुत मतेन -
क्षौद्रव्योषत्रिवर्गाकं सतैलं सैन्धवेन च॥
चूर्णेन तेजोवत्याश्च दन्तानित्यं विशोधयेत्। सु.चि. 24.7-8
क्षौद्र + व्योष + त्वक् + एला + पत्र + तैल + सैन्धव + तेजोवती

- 1) Kshoudra
- 2) Vyosha
- 3) Twak
- 4) Ela
- 5) Pathra
- 6) Taila
- 7) Saindhava lavana
- 8) tejovathi

All the drugs mentioned above must be taken in samaavastha i.e., in equal

proportions, since there is no mentioned dose in the Samhitas, it's understood as the samavastha.

The drugs are mixed properly and must be rubbed against the teeth with danta kasta/danta Pavana, or with fingers until the plaque is removed.

Followed by jihwa nirlekhana, kavala and gandusha with lukewarm water.

DISCUSSION

- The table above illustrates the activities of Danta Dhavana Dravya according to Ayurved and modern pharmacology. Both modern and Ayurvedic science mentioned about Preventive and curative effects of Danta Dhavana Dravya.
- For the preventive aspect most of the above-mentioned drugs having anti-oxidant properties and for curative aspects, most of the drugs have Anti-inflammatory, Anti-fungal, and Anti-Bacterial action.
- Though the responsible factors for various actions of Danta Dhavan drugs are Rasa, Virya, Vipaka, and Prabhav all Acharyas mainly focus on Rasa.
- In Ayurvediya Granthas i.e., in Charak Samhita they mention Katu, Tikta, and Kashaya rasa for the Danta-Dhavana purpose while in Sushruta Samhita Madhur, Katu, Tikta, Kashaya are included. According to Vagbhat i.e., in Ashtanga Hridaya Kashaya, Katu and Tikta Rasatmaka Dravyas are used for the same.
- Various karmas of rasa related to danta dhavana

Katu: vaktra shodana, agnideepana, kleda-mala upanahi, kandu-vinashana, rochana, vrana avasadayati, anti-bacterial, shleshma shamana

Tikta: Krimighna, Vishaghna, Vadana-upashoshayati.

Kashaya: Ropana, Shoshana, Stambhana.

Madhura Rasa Karma: Sandhana

CONCLUSION

- 1) Ayurvedic way of data dhavana must be inculcated in everyone's daily routine to maintain one's oral health.
- 2) Ayurvedic herbs are safe and are away from various chemical components that are available in the market as toothpaste.
- 3) Various Ayurvedic herbs and natural products have been used for their pharmacological applications viz. antiulcer, wound healing, anti-inflammatory, antimicrobial, digestive stimulant and antioxidant properties and have been proven to be safe and effective, including various therapeutic Ayurvedic procedures and they are cost-effective too.
- 4) Ayurvedic toothbrushes are fully biodegradable, so these are beneficial as per environmental point of view.
- 5) Microplastics are known to be extremely damaging to humans and the natural environment. So, switching to an ayurvedic toothbrush is very much necessary for preventing oral diseases and hygiene.

REFERENCES

1. <https://www.wisdomlib.org/definition/dhavana>
2. K.R Srikanth Murthy, Sushruta Samhita English translation volume ii, page 221-222, printed by-chaukhambha Orientalia Varanasi.
3. Pandit Kashinath Shastri and dr. gorkhakhnath Chaturvedi, Charaka Samhita Hindi translation part 1- savimarsha'vidyotini'hindivakhyopeta -page no 125, printed by chaukhambha, Bharatiacademy, Varanasi.
4. Kaviraja Atrideva Gupta, Ashtanga Sangraha Hindi commentary volume 1, page no 23, printed by Krishna das academy Varanasi 1993
5. Pandit Kashinath Shastri and dr. gorkhakhnath Chaturvedi, Charaka Samhita Hindi translation part 1- savimarsha- 'vidyotini'-hindivakhyopeta -page no 506, printed by Chaukhambha Bharati Academy, Varanasi.
6. Charaka sutrasthana chapter no 26, shloka no 31(44), Charaka e samhita-NIIMH, India -[cited 2021 September 17]. Available from: <https://niimh.nic.in/ebooks/ecaraka/>
7. Charaka sutrasthana chapter no 26, shloka no 32(45), Charaka e samhita-NIIMH, India -[cited 2021 September 20]. Available from: <https://niimh.nic.in/ebooks/ecaraka/>
8. Dr R.Ananta ram sharma Sushruta Samhita part-1, Hindi translation, page no.329, (Vol. i), printed by chaukhambha subharati Prakashan Varanasi, ISBN: 978-93-82443-51-3
9. Dr Kaviraj manikchand, Sushruta Samhita hindi translation, volume 1 ,page 131, sloka 7, printed by-chaukhambha Sanskrit sansthan.